

# Barelas Senior Center



Director  
Anna M. Sanchez

714 Seventh St. SW  
Albuquerque, N.M 87102  
505-764-6436  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)



**CENTER STAFF**  
America Bencomo  
Center Manager

Janelle Apodaca  
Program Coordinator

Catherine Romero  
Office Assistant

Johanna Rodriguez  
Program Assistant

Laura Baca  
General Service Worker

Jose Olivas  
Cook

Cynthia Garcia  
Kitchen Aide

## Senior Sweethearts Dance

Bring your Sweetheart or find one at our  
Senior Sweethearts Dance!

We are celebrating Valentine's Day and Heart Health  
Month with a fun dance. Get your heart beating and  
pumping by swinging to some wonderful music.

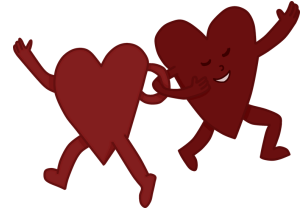
Come dance with us!

*Music by Paul Pino & The Tone Daddies*

**Friday, February 14th**

**1:30 pm - 4:00 pm**

**\$3**



## Shop to the Beat

Join us for our Flea Market  
and a special musical  
performance by, Kobiana.  
Kobiana will be playing  
African drums and an  
akonting (African banjo). He  
will also be talking about life  
and stories of Senegal.

**Thursday, February 20th**  
**10:00 am**



ONE ALBUQUERQUE senior affairs

PRIME TIME PUBLISHING

## LOS VOLCANES SENIOR CENTER 2025 BILLIARDS TOURNAMENT

**FEBRUARY 26, 2025 | 9 AM - 5 PM**  
**6500 LOS VOLCANES NW 87121**

- Registration starts Jan. 31
  - Registration ends Feb. 20
  - \$10.00 Entry fee
  - Open to all current DSA center members
- CALL 505-767-5999 FOR MORE INFORMATION  
OR VISIT [CABQ.GOV/SENIORS](http://CABQ.GOV/SENIORS)



Accredited by   
National Institute of  
Senior Centers

We are committed to providing resources with care and compassion  
that help our community thrive while embracing aging.

# Activities

## Arts and Crafts



Art Meditation - Monday 10:30 am - 11:30 am  
 Coloring Group - Thursday 12:30 pm  
 Crotchet w/Roland - Tuesday 10:00 am - 11:00 am  
 Crotchet w/Ralfaleta - Thursday 10:30 am - 1:00 pm  
 Ceramics - Mondays & Wednesday 9:00 am - Noon  
 Retablos- Tuesday 9:00 am - 11:30 am  
 Tin - Tuesday 1:00 pm - 4:00 pm  
 Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm  
 Painting from the Heart - Wednesday 9:00 am - 11:30 am  
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm



## Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am  
 Line Dance - Improver- Wednesday 10:15 am - 11:15 am

## Cards & Games

Billiards - 8:00 am - 5:00 pm  
 Cards - 2:00 pm - 5:00 pm  
 Games -Tuesdays & Thursdays 1:00 pm - 3:00 pm  
 Puzzles - Monday-Friday 8:00 am - 5:00 pm  
 Bingo - Tuesday 2:00 pm - 4:15 pm

## Exercise

Pilates- Monday 9:30 am - 10:30 am  
 Pickleball - Monday 1:30 pm - 3:30 pm  
 Senior Cardio & Curls - Tuesday 9:30 am - 10:30 am  
 Yoga - Thursday 9:00 am - 10:00 am



## Garden

Visiting Hours:TBD

Greenhouse Garden Gathering Monthly Meeting  
 Wednesday, February 19th 11:00 am - 12:00 pm

## Learning

Conversations on the Bible - Wednesday 10:00 am

## Language

ESL - Thursday 2:15 pm - 3:15 pm  
 Italian - Thursday 1:30 pm - 2:20 pm  
 Spanish: Beginner - Thursday 1:00 pm - 2:00 pm  
 Spanish: Beginner II - Tuesday 1:00 pm - 2:00 pm  
 Spanish: Intermediate - Wednesday 2:15 pm - 3:15 pm  
 Spanish: Intermediate II - Wednesday 1:00 pm - 2:00 pm

## Music

Beginner Guitar- Monday 1:00 pm - 2:00 pm  
 Spanish Acoustic Jam Session - Friday 10:00 am - 12:00 pm



## Dance to Live Music

**\$3/person**

**Fridays**

**1:30 pm - 4:00 pm**

**February 7th**

**La Raza**

**February 14th**

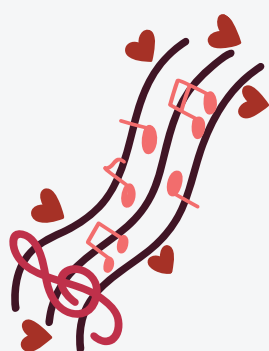
**Paul Pino & The Tone Daddies**

**February 21st**

**Desert Springs**

**February 28th**

**Peter Vigil & The All-Star Band**



## Trips

A minimum of three people must sign up for weekly trips in order for the van to depart.

### Museum of International Folk Art in Santa Fe & Lunch

Wednesday, February 12th

Check In: 8:10 am Return 6:00 pm

Lunch at your own expense

### Lunch Out on the Town: Tula's Kitchen

Tuesday, February 18th

Check In: 10:45 am Return 2:00 pm

Lunch at your own expense



### South Broadway: Our Presence Exhibit & Lunch

Thursday, February 13th

Check In: 10:00 am Return 3:00 pm

Lunch at your own expense

### Rhythm India: Bollywood & Beyond at Popejoy

Thursday, February 27th

Check In: 6:40 pm Return 9:30 pm

## Heart Health Month

February is American Heart Month! A healthy diet and movement are so important to a strong heart! Come get your heart pumping with a special Senior Aerobics Class with Carrie Anne. Enjoy a healthy snack provided

by Oak Street Health.

**Tuesday, February 18th**

**9:30 am - 10:30 am**



## Do you need a ride?



Did you know the Department of Senior Affairs offers transportation to seniors ages 60 and older who live within a five-mile radius of our senior and multigenerational centers? This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can sign up for transportation at the front desk or call 764-6400 for more info.

## Jersey Day

Come show your team colors as we get ready for the Super Bowl. Wear your favorite Jersey, hat, or t-shirt. Make a prediction about the winner and score for your chance to win a prize!



**Friday, February 7th**

**10:30 am**



## Adopt a Garden Bed

Are you interested in having a garden bed at our community garden? Would you like to volunteer at the garden?

Come join us to learn more about this great opportunity.

**Wednesday, February 19th**

**11:00 am - 12:00 pm**



## Free Tech Help in February 2025!

*Albuquerque*

Tues, Feb 4 @ 3:00-5:00p  
1-on-1 Tech Coaching  
North Domingo Baca Multi-Gen Center

Wed, Feb 19 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Palo Duro Senior Center

Fri, Feb 7 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Bear Canyon Senior Center

Mon, Feb 24 @ 2:00-4:00p  
1-on-1 Tech Coaching  
Manzano Mesa Multi-Gen Center

Thurs, Feb 13 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Santa Barbara-Martineztown Center

Wed, Feb 26 @ 4:00-6:00p  
1-on-1 Tech Coaching  
Highland Senior Center

RSVP with your ABQ center above, or contact Teeniors: (505) 600-1287 | teeniors@gmail.com. All are welcome - classes & coaching are designed for beginners!



## Vendors Wanted

Vendors wanted for our, "Big Spring Clean"  
Flea Market, on Thursday, March 13th.

Only \$3 for a table.

Sign up at the front desk or  
call 505-764-6436

## Landlord-Tenant Law Information

Join Senior Citizens' Law Office to learn about the obligations and rights of landlords and tenants.

Note: the presenter will only be able to answer general questions and cannot give personal legal advice.

**Thursday, February 20th**

**9:30 am**



## Spice Rack Remedies

Join us for an interactive monthly class as we explore learning about different spices to improve health.

Come learn about the benefits of  
Coconut Oil.

**Wednesday, February 12th**

**1:30 pm**



**We will be CLOSED**  
**Monday,**  
**February 17th**  
**in honor of**  
**President's Day.**



**Senior Citizen's Law Office**

Senior Citizen's Law Office Provides general legal information. Divorces, wills and criminal issues are not included. Schedule an appointment at the front desk or call 505-764-6436.

**Thursday, February 13th**  
**10:30 am - 12:30 pm**



**AARP Smart Driver**

This four-hour class provides techniques for coping with change in vision, hearing, & reaction time, along with the rules of the road. Anyone 50+ may take this class & may receive a discount on insurance premiums. Cost: \$20 for AAARP Members \$25 for non-AAARP Members (Checks or Money Orders ONLY Accepted. NO CASH) Sign up at the front desk or call 505-764-6436

**Wednesday, February 19th**  
**12:30 pm - 4:30 pm**



**February is Black History Month**

The 2025 Black History Month theme, African Americans and Labor, focuses on the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people.



-stlc.edu  
*To bring about change, you must not be afraid to take the first step. We will fail when we fail to try.* ~ Rosa Parks

**Would you love a new haircut?**

Aveda Institute students are offering sweet haircuts that you will love, for only \$5.

Sign up at the front desk.



**Wednesday, February 12th**  
**9:45 am**

**\*Tips appreciated**



**ESL**

¿Te gustaría mejorar tu inglés o aprender frases básicas del inglés? ¡Únete a nuestra clase de ESL (Inglés como Segundo Idioma) y abre las puertas a nuevas oportunidades!

**Visite la recepción para obtener más información o llámenos al 505-764-6436**

**February Birthday Celebration**

Come enjoy a sweet treat and celebrate our February birthdays!



**Tuesday, February 18th**  
**1:00 pm**



**The Six Triple Eight**

Wednesday, February 12th  
 1:15 pm  
 Rated PG-13  
 Drama

**Movies Days**



**The Fall Guy**

Wednesday, February 26th  
 1:15 pm  
 Rated PG-13  
 Comedy/Action



**GEHM Clinic**

**Wednesday, February 19th**

8:30 am - 12:00 pm

Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.


**Advisory Council Meeting**

Monday, February 24th at noon.

Bear Canyon Senior Center-4645 Pitt NE, 87111

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> <li>♦ Beef Tips w/ Gravy Over Bowtie Pasta</li> <li>♦ Brussel Sprouts</li> <li>♦ Mixed Berries</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Memphis Dry-Rubbed Chicken</li> <li>♦ Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Mandarin Orange</li> <li>♦ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll/ Margarine</li> <li>♦ Warm Cinnamon Apple Chunks</li> <li>♦ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>♦ Pork Chop</li> <li>♦ Mashed Potatoes</li> <li>♦ Crispy Roasted Brussel Sprouts</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 
<p>10</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Mushroom &amp; Green Beans</li> <li>♦ Diner Roll with Margarine</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Turkey w/ Gravy</li> <li>♦ Steamed Broccoli</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>♦ Chicken Posole</li> <li>♦ Steamed Cauliflower</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>♦ Red Chile Cheese Enchilada</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables/ Calabacitas</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>♦ Baked Cod with Tarter Sauce</li> <li>♦ Brussel Sprouts</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Valentine Cookie</li> <li>♦ 1% milk</li> </ul> 
<p><b>CLOSED</b> 17</p> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Baked Ham with Pineapple Sauce</li> <li>♦ Sweet Potatoes</li> <li>♦ 5 Way Vegetables</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Baked Chicken</li> <li>♦ Brown Rice</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Sliced Apple</li> <li>♦ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>♦ Baked Ziti</li> <li>♦ Brussel Sprout</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>♦ Tilapia with Tarter Sauce</li> <li>♦ Rosemary Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Pears</li> <li>♦ 1% milk</li> </ul> 
<p>24</p> <ul style="list-style-type: none"> <li>♦ Red Chile Beans</li> <li>♦ Crispy Roasted Cauliflower with Pumpkin Seeds</li> <li>♦ Dinner Roll with Margarine</li> <li>♦ Brownie</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Chicken Tamale w/ Green Chile</li> <li>♦ Brown Rice</li> <li>♦ Corn &amp; Edamame</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>♦ Diced Pork with Gravy</li> <li>♦ Steamed Green Beans</li> <li>♦ Berry Compote</li> <li>♦ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>♦ Veggie Green Chili Cheeseburger</li> <li>♦ Sweet Potato Mash</li> <li>♦ Roasted Fall Vegetables</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>28</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon</li> <li>♦ Mashed Potatoes</li> <li>♦ Steamed Spinach</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 

# Valentine

word search

h c u p i d c k o t i w y  
 e h a r e b h a e f h e p  
 e o t n a r i u a r l v h  
 d c h k d n e f a c u o s  
 y o s r h y s r e w o l f  
 s l i d s b n i y e h d e  
 h a r r o w o e s p e e b  
 t t h v a l e n t i n e r  
 h e a r t r f d v n a p u  
 p h t c i u i s h k y o a  
 k u r e n f k o l p s d r  
 s g h s k i s s p s u e y  
 r a r f i c h a i t n r e  
 e s w e e t h e a r t w h  
 b e m i n e p a r e d h y  
 n s l h r o s e s h r o g

arrow cupid friends hug pink sweetheart  
 candy February happy kiss red valentine  
 chocolate flowers heart love roses

**There are three Sudoku rules:**  
**Firstly, each row must contain the numbers 1-9 exactly once each.**  
**Secondly, each column must contain the numbers 1-9 exactly once each.**  
**Lastly, each 3x3 box must contain the numbers 1-9 exactly once each. That's it!**

			2					5
8					9			4
			1	8			2	
3						5		9
5							7	
	6						4	
								6
		1		3	4	9	8	
9	2		6	5				3